

Double Take

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michelle Jackson (USA) & Alana Johanson (USA)
音樂: Lose Control (feat. Ciara & Fat Man Scoop) - Missy Elliott



POINT RIGHT, HITCH ½ TURN, POINT, HOLD, &POINT LEFT, HITCH, LEFT ¼ TURN STEP, HOLD

- 1-2 Point right to side, hitch right knee while turning ½ turn to left
- 3-4 Point right to side, hold
- &5-6 Step right next to left, point left to side, hitch left knee
- 7-8 Step left forward turning ¼ left, hold

WALK RIGHT, LEFT, RIGHT LIFT PUSH, WALK LEFT, RIGHT, LOOK LEFT, LOOK RIGHT

- 1-2 Walk forward right, left
- 3-4 Walk forward right, lift left leg, slap inside of left thigh with right hand while turning ½ turn to left (as if pushing leg into the ½ turn left)
- 5-6 Walk forward left, right
- 7-8 Step left to side and turn head left, turn head right

Optional arms on counts 7-8: right arm forward, left arm back while looking over left shoulder punching towards the floor and pushing shoulders down. Switch left arm forward, right arm back while looking over right shoulder, punching toward the floor and pushing shoulders down

THRILLER TURN ½ LEFT, FULL TURN, HIP SHAKES

- 1-2 Weight on the left (arms straight against body), lift right foot and shoulder in upward movement turning 1/8 left, tap right and drop shoulder, lift right foot and shoulder in upward movement turning 1/8 left, tap right and drop shoulder
- 3-4 Repeat 1-2
- 5-6 Keeping weight on left, push off right foot making a full turn left, step right to side
- &7&8 Shake hips by bending knees left, right, left, right (ending with weight on left)

SIDE POINT RIGHT, SIDE POINT LEFT, HOOK STEPS, SHOULDER LIFTS X3

- 1&2 Point right to side, step right next to left, point left to side

Optional arms:

- 1 Right hand at right shoulder, palm facing shoulder, sweep hand in circular motion from right shoulder to right hip
- & Sweep hand up to shoulder
- 2 Sweep handout past right shoulder and down to hip with palm facing away from body
- &3&4 Hook left behind right knee (figure 4), step left behind right, lift right shoulder, lift left shoulder
- &5&6 Repeat with right
- &7&8 Hook left behind right knee (figure 4), step left behind right, drop right shoulder, hook right in front of left knee (figure 4)

Styling: shoulder alternate through these 6 counts. And should mirror the opposite knee, i.e. When left leg hooks, right shoulder is raised

REPEAT